

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<b>3 Pork Carnita</b> Cucumber Salad Rice, Corn Tortilla Fruit	<b>4 Fried Chicken</b> Mashed Potatoes Corn Mixed Fruit, Biscuit <b>Cal: 787 Sod: 465</b>	<b>5 Potato Soup w/ Ham</b> Side Salad, Cornbread Apple Cranberry Salad <b>Cal: 694 Sod: 768</b>	<b>Lunch Served at Noon</b>	<b>Lemon Pepper Cod</b> Scalloped Potatoes Spinach, Tropical Fruit Roll, Jell-O <b>Cal: 692 Sod: 580</b>
<b>10 Cochinita Pivil</b> Black Bean Soup Garden Salad Chips & Salsa Fruit	<b>11 Vegetable Lasagna</b> Green Beans, Salad Pears, Garlic Bread Brownie <b>Cal: 536 Sod: 978*</b>	<b>12 Holiday Luncheon</b> <b>Pork Tenderloin</b> Scalloped Potatoes Glazed Carrots Apple/Cranberry Salad <b>Pre-Registration Required</b>	<b>No Lunch Served on Thursday's</b>	<b>14 Kielbasa</b> Roasted Red Peppers Steamed Cabbage, Roll Tropical Fruit Carrot Cake
<b>17 Cheese Enchilada</b> Refried Beans & Rice Chips & Salsa Mexicali Corn, Orange	<b>18 Beef Barley Soup</b> Caesar Salad Roast Beef Sandwich Melon Chunks <b>Cal: 667 Sod: 709</b>	<b>19 Turkey Tetrazzini</b> Caesar Salad Peaches, Breadstick Pudding <b>Cal: 614 Sod: 792</b>	<b><u>Lunch Fees:</u></b> <b>60+; \$3.00</b> Suggested Donation <b>Under 60; \$6.00</b>	<b>21 Baked Ham</b> Sweet Potatoes Green Beans, Roll Ambrosia Salad Pumpkin Pie <b>Cal: 732 Sod 480</b>
<p><i>The NBCC will be closed 12/24/12-1/6/13 Have a Happy Holiday from your friends at CCS/Lakewood, &amp; NBCC Staff &amp; Volunteers.</i></p>				
				

**For information please call 425-452-7681. North Bellevue Community Center 4063-148th Ave NE, Bellevue, WA 98007.**

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change.

Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.